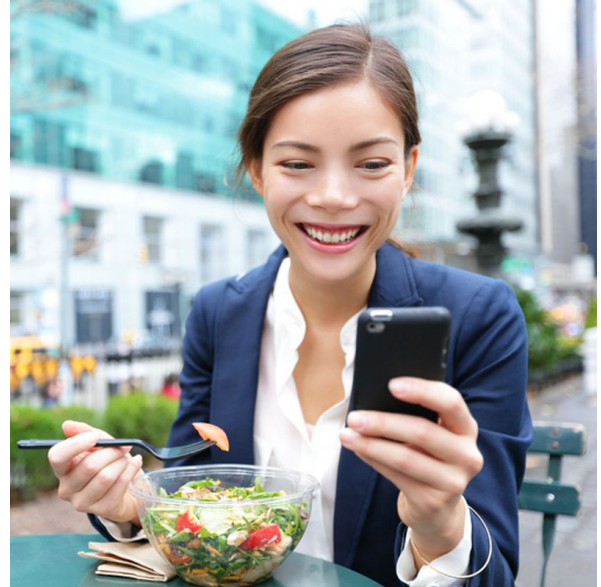




TAKING A BREAK



1

Warm up

Do you always take a lunch break? Why or why not?

2

Key words

Read the sentences below and match the underlined words and phrases with their definitions:

1. I need to skip lunch today. I have too much work to do.
 2. Abdul is a very productive worker. He can do much more than the rest of the staff in the same amount of time.
 3. The employees have one hour allotted for lunch.
 4. Jackie has a heavy workload today. She has no time for breaks.
 5. A good night's sleep can help you focus at work.
-
- a. able to do a lot of work in less time
 - b. a lot of work to do
 - c. concentrate
 - d. given, dedicated
 - e. not do something that is part of your normal routine

**3****Find the information**

You are going to read an article about a study on lunch breaks at work. Read the text and complete the information:

1. _____ % of people don't take a real break during the day.
2. _____ North American employees took part in the study.
3. Employees who don't take a lunch break feel less productive around _____ p.m.
4. In the U.K., _____ of 10 people take a full lunch break.
5. Skipping lunch costs small businesses more than \$_____ million a day.
6. Twenty-one percent of U.K. employees need _____ or more caffeinated drinks a day to focus at work.

THE
INDEPENDENT

Skipping lunch? Most people do - and business suffers

A U.S. study showed that 81% of people don't take a proper break during the day

1. Employees aren't taking a proper break from work during the day, a new study shows. This problem can affect their creativity and productivity.
2. According to the study of over 1000 North American employees, 81% don't take a traditional lunch break. In other words, they don't leave their desk in the middle of the day.
3. Those people who don't take a break often feel less productive around 3:00 p.m. Research also shows that even active employees who don't take a break have a greater risk of heart disease.
4. Right Management, the consulting agency who conducted the study, said that many employees feel that they can't take a break because they have too much work to do. This could indicate rising stress levels.
5. According to BUPA, a private healthcare company, only three in ten people use their lunch hour (take a break and eat lunch) in the U.K. This means that employees are less productive, and this costs small businesses more than \$63 million a day. Half of those who took part in the BUPA survey said that their workload is too heavy. They can't find a good reason to take a break.
6. Dr. Jenny Leaser, a clinical director of occupational health, said that 21% of the employees in the U.K. study can't focus without drinking five or more caffeinated drinks a day. But a lunch break can be more effective than drinking coffee all day.
7. "Taking a whole hour for lunch can often be difficult, and isn't necessarily the best way to stay productive all day. The best practice is for employees to take regular short breaks throughout the day to help them stay alert," Dr. Lesser said.

Adapted from The Independent, by Hazel Sheffield, March 6th, 2015

**4****Checking understanding**

Answer the questions below.

1. What happens when employees don't take a lunch break?
2. What medical problem could they have?
3. Why do employees feel that they cannot take a lunch break?
4. What is more effective than drinking caffeinated drinks according to Dr. Jenny Leaser?
5. What is better than taking a one-hour lunch break?

5**Find the word ...**

Find a word or phrase in the article which means ...

1. have an influence on something (**verb, P.1**): _____
2. show, suggest (**verb, P.4**): _____
3. safety, health, and welfare of people at work (**two-word noun, P.6**): _____
4. the most effective professional procedures (**two-word noun, P.7**): _____
5. focused, able to concentrate (**adjective, P.7**): _____

6**Can/can't for ability and possibility**

Study the sentences from the text and the table below:

- This problem can affect creativity and productivity at work.
(= *This problem is able to affect creativity and productivity at work.*)
- They can't find a good reason to take a break.
(= *They are not able to find a good reason to take a break.*)
- Many employees feel that they can't take a break because they have too much work to do.
(= *Many employees feel that it is not possible to take a break because they have too much work to do.*)
- A lunch break can be more effective than drinking coffee all day.
(= *It is possible that a lunch break is more effective than drinking coffee.*)



affirmative forms	negative forms	questions
I can	I can't (= I cannot)	Can I?
You can	You can't	Can you?
He/she/it can	He/she/it can't	Can he/she/it?
We can	We can't	Can we?
You can	You can't	Can you?
They can	They can't	Can they?

Short answers

Yes, I can. / Yes, you can. ...

No, I can't. / No, you can't. ...

7**Grammar practice 1****Rewrite the sentences using 'can' or 'can't':**

1. He is able to work and eat at the same time.

He can work and eat at the same time.

2. The boss is able to meet you now.

.....

3. Taking lots of breaks has the ability to make you more productive.

.....

4. Is it possible for us to go home now?

.....

5. It is not possible for you to park here.

.....

6. It is possible for you to smoke outside.

.....

7. The battery is able to last for up to 10 hours.

.....

8. I'm afraid I'm unable to help you.

.....

9. Where is it possible for me to buy a coffee machine?

.....

**8****Grammar practice 2**

Study the table and complete the sentences on the next page.

	George	Kristina	Peter	Alex
work without drinking coffee	X	X	✓	X
take a full lunch break	✓	X	✓	X
leave the office before 6:00 p.m.	X	✓	✓	X
stay calm under pressure	X	✓	✓	X
work flexible hours	✓	✓	✓	X
sleep more than 7 hours	✓	X	X	X



1. Both Kristina and Peter can remain calm under pressure .
2. Only Peter
3. Only Peter and George
4. Alex is the only person who
5. Peter can work flexible hours, but he
6. Only George
7. George, Kristina, and Peter
8. Alex, Peter, and Kristina

Who is the most and least stressed employee? Why?

9

Role play

Work in pairs. Ask and answer questions like in the example and complete the table.

"Can you work without drinking coffee?" "Yes, I can."/"No, I can't"

	My partner	Me
work without drinking coffee		
take a full lunch break		
leave the office before 6:00 p.m.		
stay calm under pressure		
work flexible hours		
sleep more than 7 hours		

Who is more stressed at work, you or your partner?